Article-1

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Corona

I am a scientist. And that too a Physicist. So, my thinking about every problem is based on my logic. It may appeal to some and some may disagree. And yet, I consider it of at most importance that my views reach the common people, making them possible to choose a path for Corona cure.

Mahakal Corona

Corona is a virus. It enters our system mostly through nose and mouth. There it resides for a couple of days to incubate and make itself capable of entering our body cells. During this time we take warm water and inhale steam. This is because virus has a protein layer which cannot sustain at high temperature. These proteins dissociate making the virus ineffective.

Viruses do not have their own reproductive system. The only purpose for which a virus enters our body is to use our cell reproductive system to multiply itself.

Once it enters our body cells, drinking warm water or inhaling steam has no effect on it. However, our immune system takes over to eradicate it. One of its ways is to increase the body temperature, which causes breaking up of bonds of the protein layer, making the virus ineffective to entre body cells.

And, a blunder is made at this juncture. An antipyretic is taken to reduce the temperature. Almost every patient says that he/she had no symptoms at all for first couple of days. So, patient does not suffer. And the virus also does not suffer, because you have helped it by reducing the temperature which stops its multiplication. Once the number of viruses in a cell increases, the cell membrane can no longer withstand the pressure created by these viruses, and it breaks open, and an army of viruses marches to invade other cells and multiply, leaving the remains of dead cells where this incidence occurs. In this manner, virus multiplies by leaps and bounds, making billions of copies. This army of viruses reaches all our vital organs (like brain, heart, liver, spleen, pancreas, kidneys) through our blood circulation system and continues to replicate itself where ever possible.

But, the most dengerous place where it creates a situation of life and death is when the viruses invade our lungs through the blood. Small capillaries carry blood to and fro from lungs. When the virus multiplies in these small capillaries and the red blood cells rupture, (1) they clog the passage of oxygen rich fresh blood from lungs to the circulatory system and (2) due to death of these red blood cells, number of cells which can carry this oxygen reduces, leading to severe deficiency in oxygen supply. The same is true about carbon di oxide which is released in the lungs through impure blood

carried from the circulatory system. A large number of cells of lungs also get ruptured their remains falling in the lungs and causing clogging in the lungs.

Now is the time when bacteria start multiplying inside lungs. There are trillions of bacteria in our system from top to toe. They multiply when they have food to consume, in this case the organic matter left by dead cells. They reduce it to such an extent that this organic matter then can be thrown out through our circulatory system or can come out of our lungs as cough. And we make another blunder. We call this as infection and start giving antibiotics to kill these bacteria. So, the amount of dead organic matter piles up, bacteria keep multiplying become resistant to antibiotics. Further, the antibiotics also kill many more bacteria all through our system. These bacteria are responsible for providing essential biochemical to our body, and the vital organs, and, their reduction also starts causing organ failure. The antibiotic resistant bacteria are also responsible for producing biochemicals which are hazardous to our system.

One more blunder occurs at this point of time. When oxygen supply reduces, the patient is shifted on ventilator. Here, the supply of oxygen at an increasing pressure causes further damage to already weakened capillaries and the pores in the lungs get further clogged.

Let us be clear about one truth. There is no medicine in the world which can eradicate viruses similar to COVID 19. This job is done only by our immune system. Antibiotics have no effect on viruses, their presence right from the inception of the viral infection only makes our immune system inefficient.

Friends, I have tried to explain the terror created due to our intervention in the functioning of immune system. The gist of my effort is

(1) Antipyretics to reduce the body temperature help the virus to multiply. These viruses then reach the vital organs causing a disruption in their functioning.

(2) Antibiotics cause a reduction in bacteria leading to hampered immune response and reduction in the essential biofluids required by our body thus causing organ failure.

The question which haunts our minds is, why then the doctors give these medicines?

That is because their education system teaches them this and it is mandatory for them to follow these protocols.

It is for us to decide whether we want to go to a homoeopath or an ayurvedic doctor or a doctor of modern medicine.

Once the viral load increases and a life and death situation arises, it is essential to avail hospital facilities like oxygen supply, medical testing instruments like ECG, blood pressure or blood sugar, and many other monitors. These are the contributions of modern science and every patient has a right over them irrespective of which medicinal system he or she follows.

At such a critical juncture, fresh neem leave extract helps improve oxygen supply. Turmeric is one herb which is capable reducing the blood clots to such an extent that they can dissolve in the blood bringing them in to blood circulation system.

A similar beneficial effect has also been observed by giving homoeopathic medicines like Arnica Mont and Hypericum.

In my next post will give the protocol followed by many people

We have formed a protocol for common people right from those who want to take these herbs as prophylactic to those who are on oxygen supply.

Take precautions to prevent viral invasion. If it happens, go to a homoeopath or an Ayurvedic Vaidya.

We have now experience of a large population being benefited by our protocol. Also patients who have been benefited by homoeopathic and Ayurvedic medicines. I would say, recite mantra: Temperature is good. Bacteria are friends. Take action only when body can not control these parameters. Otherwise, let nature take care.

Article -2

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Earlier post described my rendezvous with corona virus. Many of you have overwhelmingly responded to it. I am aware that post has some unanswered queries. Here are the explanations to some of these queries.

Just to remind those who had read the post earlier and for new readers, I will begin with the summary of that post.

In many cases, the death in COVID 19 follows due to lack of oxygen and lung morbidity. Some patients find breathing difficult even after they are cured of the disease. If virus has gone away, why should I have difficulty in breathing? Science tells us the virus has RNA core surrounded by protein coat. When virus particles enter our body cells, it's RNA has the ability to take over cell machinery and use it for own replication. When the load of fast multiplying particles becomes unbearable, the cell bursts open releasing these particles. The cell dies and the debris accumulates as cells start dying in large numbers. If lungs happen to be this battlefield, the cell debris will remain there even if the immune system is successful in controlling or even eliminating the viruses. If red blood cells are killed, the heme or iron part of haemoglobin gets deposited in the debris. The oxygen carrying capacity is reduced.

The patients start feeling the consequences of anoxic conditions. The lungs get choked with dead cells. The breathing starts to become laborious and difficult. Oxygen and carbon di oxide exchange takes place in the alveoli in the lungs under normal conditions. The oxygenated blood is carried back to different parts of the body through a network of arteries. Corona virus causes blood to clot in the capillaries. The blood flow thereby gets affected badly and oxygen deficiency is experienced all over the body. In modern medical system, blood thinning drugs and/or steroids are used to tackle this problem and clear the arteries.

An important question is the deaths due to dysfunctionality of the lungs. Oxygen administration can save the patient but if that proves insufficient, the patient is shifted to ICU and put on ventilator support. This may actually increase the pressure within lungs due to reduced volume because of accumulated debris. Please be reminded that the current allopathic medical system has no medicine to clear the debris in the lungs. This job is easily done by both Ayurvedic or homeopathic medicines.

The next question is how to clear the debris. This needs to be done with expert intricate measures. There are drugs in Ayurveda or homeopathic system which can hasten the degradation of the debris and it's clearance through blood. Detoxification of blood is the next step of the treatment. You cannot do this without advice of an Ayurvedic or Homeopathic doctor. So you cannot do it on your own.

I am not going to disappoint you. I will first explain how I solved our problem followed by prescribing medicines which can be taken without the advice of Ayurvedic doctor.

I and my husband used Homoeopathic medicines Arnica Mont, Hypericum, Silicia drugs to clear the debris in the lungs. We also had pyrogenum as the pulse non-commensurate with temperature was felt. These medicines had some favourable effect, but not to the desired extent. My brother advised me to try out turmeric. I realized that we were advised to apply turmeric powder on the open wounds or in case there was hematoma. There was no inhibition to take this traditional medicine. Turmeric is easily available. It won’t have any side effects as we use it in our daily diet. It can take care of functions of both arnica and Hypericum. So we decided to take turmeric extract. I had fresh turmeric rhizome. It had following properties.

1. The colour was dark blackish red

2. It was healthy without any insect or fungal infection

3. It was pleasantly flavoured

The extract of this fresh turmeric rhizome was bright orange in colour. Why is turmeric powder which we daily use is yellow? Why the dry turmeric rhizome can be easily infected? When the rhizome is dried and extracted for making powder, it loses some of its original properties. So it becomes vulnerable for insect or fungal attack.

The extract or fresh rhizome turmeric tablets are available in the market. Its botanical name is Curcuma longa. We started taking 10 drops of fresh rhizome turmeric extract every morning and evening. It was tasting nice and flavoured in warm water. The remedial effect was seen within two days. The mild fever got recovered. We had

brought fresh neem leaves from our farm. Vaidya Pallavi Kanetkar says that if everyone takes neem leaves daily, India can be corona free within a forthnight. Her experience shows that, if patients in the hospital are given 40 neem leaves once in a day, without interfering or stopping the doses of other medicines, they are cured.

So we started to chew a tablet made from neem leaves and jaggery every morning and evening before taking tea. We monitored our blood oxygen (96-97), pulse (72-74) and fever (97-97.5F). The figures in brackets indicate range of these parameters while we were taking turmeric extract and neem tablet. Our breathing improved and became normal.

I got many phone calls after my post was viral on social media. I indicated the sequence and names of medicines prescribed by Vaidya Kanetkar and Vaidya Pramod Kalose. I received calls from relatives of 3 elderly (age 67, 73 and 90) patients who were hospitalized. One of the patients was in ICU while other two were on oxygen support. They were administered neem tablets with the approval of hospital doctors. The two patients who were on oxygen support recovered in 2 days and returned home while the patient in ICU was brought to general ward.

What are the conclusions?

1. All parameters of myself and my husband Dr. Shriniwas became normal after taking neem and turmeric extract.

2. The patients who were suffering from breathing difficulties recovered in two days and were out of danger.

If fresh neem leaves are not available or patient is hospitalized, neem tablets are available with chemists.

Vaidya Pallavi Kanetkar says that if we take 10 neem leaves daily, we can keep corona virus away. If we are infected, we can take 40 neem leaves.

We cannot say that scientifically this is proven! But my experiences are supportive to this hypothesis. It's not going to cause any harm, even if it is not beneficial. It is therefore no harm in taking these medicines by the patient with consent of consulting doctor and relatives. Turmeric and neem are our traditional remedies. We have forgotten because of "Go to doctor for any illness and take tablets," type of modern lifestyle! Neem and turmeric are available anywhere. We do not claim that we will be free of corona virus immediately. There is no harm in following remedies which are proven over thousands of years. Those who have problem in taking neem leaves may keep away, but please do not prevent others from taking it. People who have read this post have started taking neem. They are experiencing good results. If we can keep villages and cities free of corona virus, there should not be no relevance of corona tests.

The reason for this detailed post is to reduce the fear in minds of people. If we take care, the virus will not bother us. The post is to create awareness. It is to guide when you are facing problem. Live a fearless life. if we are infected, do not panic. Do not test for covid 19. Consult your family doctor or nearby Ayurvedic or homeopathic

doctor and take neem and turmeric in consultation with them. Your mental and physical health is more important. You can call any of us for guidance. Please forward this post to as many as you can.

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Article-3

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Walk-over to me by CORONA

I, Dr. Akalpita Paranjpe, have been visited by corona, came without my knowledge, and left without my knowledge.

Please read carefully, do not be afraid of corona. It is not the enemy that it is made to be.

This is my personal experience.

At last, the wait is over

I have been trying to tell my friends and foes that do not get panic over the pandemic. Secretly, I wished, I should get infected with corona in order to exhibit that it is not so bad as it is made out to be.

It happened without my knowledge. And, I discovered accidently, long after it was all over!

Although, I knew, it will happen someday, because I was being visited by patients, though not diagnosed as corona patients.

On 25th July, one of my friends came to me with a guest who wanted to visit my Gaushala, where my cows graze, free to move around, eat and drink when and what they want, and rest when they want.

This place is in a wild terrain, about one to two Km from my village house. I walked with them. This is my usual walk, and at times I have made it even twice in a day in hot sun.

But this particular day, I had to take rest two three times, as I felt shortness of breath. In the cow campus also, I had to rest a couple of times. I was feeling embarrassed, but the visitors thought, oh, at your age (72 years), you are walking so much!

Ultimately, while returning back, I actually sat under a tree for ten to fifteen minutes.

Quite unlike me! I started thinking. Something definitely not in order. When at rest, this condition may not become known. In my case, I had dental implant surgery on 24th, was on liquid diet and walked in the hot sun, hence, I experienced the breathing difficulty, which in normal condition, I was not experiencing.

When I measured my oxygen levels, they were down to 92 on right finger, left finger having normal values.

But then, in the middle of that night, I had to sit up, as I found difficulty in breathing. Something was definitely not in place.

Next day, I contacted my brother who is a pathologist, and also a doctor friend. On the advice of my brother, I got pathological tests done for me and my husband, for me, all the reports were normal

For my husband, in a separate story.

At this point I got COVID 19 antibody test carried out. When the reports came, I was thrilled! My report was in red mark! Range, 0 to 1, my value 1.19, I had covid antibodies!! Wow! I had had COVID, am free from the virus and now I have my immune system ready to fight.

But, staying in the same house, sharing food, being together all the time, why Shriniwas had absolutely no antibodies built-up? His COVID 19 antibody value is 0.05! Very disappointing! So, the conclusion drawn by us was, it is impossible for him not to get infected, but, his system has not yet created antibodies.

Since 25th of July, we had not moved out of our house. So, we decided to continue “self-quarantine” Up to 6th of August. We remained inside the house. Then on 6th, we got COVID 19 swab test done. On 7th August, we got the test result “negative” for both of us! So, now we were free to move about.

All this exercise tells us that I had contracted COVID 19, my body had COVID 19 antibodies which means that my immune system created these antibodies.

I have not taken any specific treatment for the infection for two reasons: one, I was not aware that I had been infected, thought I knew I could be. And second, I knew it is the job of immune system and medicines have little role to play, only to help the system if it is not capable of handling by itself.

Now the question is why is it that there is a breathing difficulty after the infection is gone, and how to get rid of this problem.

Let us explain this phenomenon in two ways. Scientifically, the virus enters our body cells. Uses the system inside the cell to replicate itself. Once a number of virus RNA (carrying a code of its own assembly) replicate, along with the proteins which self-assemble around the RNA, the cell wall is no longer able to keep them inside, and hence, it bursts. The remains of this cell then remain where ever it has been invaded.

If this happens inside lungs, then the debris remains in the lungs.

If it is a blood cell which is attacked, then, the iron particle inside it are set free, and cell can no longer deliver oxygen to the blood and hence, oxygen levels drop down. Both these cause a difficulty in breathing.

The next question comes about how to remove this debris. But, this answer I leave to my next post.

More important is, deaths occurring when the lungs have this debris and a person is not able to breath. Modern medicine has no way to remove this debris, which homoeopathic medicines can do easily. (In a later post I will give testimony of a doctor who had a blood clot in his eye, which was dissolved by homoeopathic medicine in a weeks time).

Providing oxygen may sustain the person for some time.

When this does not help much, the patient’s condition deteriorates, and he/she is put on ventilator. How on earth the remains of dead cells be removed by inserting oxygen inside the lungs? It can at most exert pressure on this debris, but, cannot remove it, cannot get it in to the blood circulation system. (This in itself is tricky, since, if it happens, it can cause cardiac arrest, another reason for death.)

So, my contention is, please be aware of medication during the attack by this virus. In latter stage when there is a lot of dead cell mass collected, even if the person is “cured” of virus, he/she can still dies because of ventilator, because it is not possible to remove the debris by modern medicine, and ventilator oxygen will exert more pressure on this debris. The mass is an obstruction for transferring oxygen through the lungs to the blood.

One more thing we must understand at this stage. Nature sends bacteria as scavengers to help eat away this dead matter. It is thought to be “infection” and

antibiotics are given to “kill” this infection, the dead matter remains where ever it is, inviting bacteria again and making them ultimately “antibiotic resistant”.

Please do think twice before prescribing or taking treatment.

I feel that with the fortunate existing force of doctors, (homoeopaths, Ayurvedic Vaidya’s and Allopathic doctors, all together) we can combat with the situation very effectively, if we do not insist on tests and covid hospitals and covid doctors, quarantine centres and the endless lockdowns with confusion.

This post is meant for removing the fear complex from the minds of people. Please do copy, paste, share, if you feel it can give some confidence to public at large.

I will reiterate as I did in my earlier posts. Go to a nearby homoeopathic or Ayurvedic doctor, or your own physician. No need to know whether you are covid positive or not. All that matters is your welbeing, your relaxed mind.

Dr. Akalpita Paranjpe.